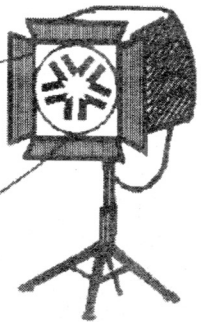


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XIX, ISSUE 7

A newsletter for D.C. Seniors

July 2004

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

The month of July is here and most are desperate to dry out from all the rain we have had. Don't forget the dangers of the sun. Summer heat can be dangerous especially for the elderly and children.

Remember if you go out during the day when the temperature is above 90 degrees, wear loose-fitting and light-colored clothes. Remember to stay hydrated by drinking water and liquids that are not overly sweet and do not contain caffeine - also limit your alcohol intake. If you are walking during the peak hours for the sun - between 10 a.m. and 2 p.m. - use a parasol or a wide-brimmed hat. Try to go out during the morning hours to conduct essential business, or schedule appointments later in the afternoon. Most importantly, just stay cool.

I hope all of the seniors who are caregivers of children will take advantage of the getaway the Office on Aging and the D.C. Parks and Recreation Department have planned for you. The United Generations Camp is scheduled for August 2-6 at Camp Riverview in Scotland, Md. Leave the children home or bring up to three of them with you - we'll take care of them so you don't have to. Sign up today; everybody needs a break.

The Commission on Aging recently sponsored an intergenerational poster contest in honor of Calvin Rolark. The participants are District school children and the theme this year was "Living Well, Aging Well." Share our joy of the artistic abilities of our youth.

Also, see all the great information we have prepared for you. Stay cool and enjoy the summer months with family and friends.

ELDERFEST 2004

Mark your calendars for Elderfest 2004 on September 2 from 10 a.m. to 2 p.m. at Freedom Plaza.

Custody Not Required to Register Children

Every August, the D.C. Municipal Courthouse fills with grandparents seeking legal custody for their grandchildren. Why does this occur? In many cases, the grandparents believe that they must have legal custody to register their grandchildren in school. What they do not know is that D.C. Municipal Regulations do not require them to have legal custody to do so.

The D.C. Municipal Regulations state that any person who is the primary provider of full-time care and financial support to a child who resides with him or her, and whose parent, custodian, or guardian is unable to supply such care and financial support, may register a child in school. These people are referred to as "other primary caregivers." Many other primary caregivers are grandparents, aunts, uncles or other relatives who take care of a child whose parents are unable to provide such care. Because they are often unaware that they do not require legal custody to register the children they care for in school, many grandparents and other caregivers seek legal custody. This can cause undue hardship on caregivers who do not otherwise wish to obtain legal custody, while putting children at risk of missing valuable school time.

An "other primary caregivers" may register a child in school, provided that the other primary caregiver can prove that he or she:

1) Provides full-time care and financial support to a child who resides with him or her, and whose parent, custodian, or guardian is unable to supply such care and financial support; and

2) Is a D.C. resident.

It is important to note that grandparents and other caretakers who provide part-time care for a child may not register that child in school. In some cases, grandparents care for a child during the week while the child resides with his or her parents outside of the District on the weekends. These grandparents do not qualify as other primary caregivers and may not register children in school.

Every public and public charter school in the District maintains a list of acceptable proof of other primary caregiver status and D.C. residency. For more information about enrolling a student in:

The District of Columbia Public Schools, call: (202) 442-5215

A public charter school under the authority of: The Public Charter School Board, call: (202) 328-2660

The Board of Education, call: (202) 535-1119

SEEKING CENTENARIANS

If you or someone you know is 100 or older, please call the Office on Aging to make sure they are registered. The Mayor will honor all centenarians at a special luncheon.

Call **202-724-5626** to register.

When you call, please tell us where the centenarian was in 1930.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Poster Contest Winners Honored



The D.C. Commission on Aging's Calvin W. Rolark Intergenerational Poster Contest was held on Friday, June 10, 2004. This is the Eleventh Annual Intergenerational Poster Contest held to promote intergenerational interaction and depict the many ways that youth and the elderly share each other's lives.

The youth who participated in this year's Intergenerational Poster Contest under the theme "Aging Well, Living Well" were awarded cash awards from the United Black Fund (UBF). Whilelmina Rolark, President of the UBF, was present to congratulate the students and make the award presentations.



Darnika Thompson

E. Veronica Pace, Executive Director of the D.C. Office on Aging and a graduate of the District of Columbia School System, encouraged the winners to be the best they can be and to continue to pursue their talents.

This year's winners included several entries from the Samuel E. Wheatley and Shadd Elementary Schools, Bernard Dickens, Art Teacher. Their entries depicted the family-oriented interaction the students have with their grandparents. Mr. Dickens requested that his students focus on the importance of family and the key role our elders play in the family.

The contest also applauds the many roles of the elderly in the community, particularly their mentorship roles and their roles as patriarchs and matriarchs of the community. The D.C. Commission on Aging remains grateful to the United Black Fund and the D.C. Office on Aging for their continued support of this contest.

The contest winners are as follows:

Grades 1-5

Darnika Thompson, Samuel E. Wheatley Elementary School, 1st place \$125.00
Summer Stringfellow, Shadd Elementary School, 2nd place \$75.00

Jayvon Williams, Shadd Elementary School, 3rd place \$50.00

Meriah Welch, Samuel E. Wheatley Elementary School, Honorable Mention \$25.00



Lamont Robinson

Grades 6-8

Lamont Robinson, Kramer Middle School, 1st place \$125.00

Imani Petty, Miner Elementary School, 2nd Place \$75.00

Terrell Sellers, W. Bruce Evans Middle School, 3rd Place \$50.00

Shatema Williams, Davis Elementary School, Honorable Mention \$25.00

Diamon Pearson, Ketcham Elementary School, Honorable Mention \$25.00

Keiona Davis, Ketcham Elementary School, Honorable Mention \$25.00

Wendy Watson, Winston Educational Center, Honorable Mention \$25.00

Grades 9-12

Porsha Arrington, Eastern High School, 1st place \$125.00

Gerald Smith, Eastern High School, 2nd place \$75.00

Ryan Joaquin, Eastern High School, 3rd place \$50.00

Ivy Fauntroy, Ballou Stay High School, Honorable Mention \$25.00

District of Columbia Office On Aging Public Notice of Funding Availability

Fiscal Year 2005 Ward 8 Lead Agency Grant Program

The Government of the District of Columbia, Office on Aging, is soliciting applications from qualified applicants to provide a full array of services and activities that are designed to enhance the overall health and well-being of the District's Ward 8 elderly population, aged 60 and above. Services for this population should include:

- **Counseling**
- **Health Promotion**
- **Weekday Congregate Meals**
- **Weekday Delivered Meals**
- **Weekend Home Delivered Meals**
- **Literacy**
- **Nutrition Counseling**

- **Nutrition Education**
- **Socialization**
- **Transportation to Sites & Activities**

A total not to exceed \$483,700 is available for funding one successful applicant to serve senior citizens in Ward 8 of the District of Columbia. Funding has been provided to the Office on Aging from both Federal and District appropriated funds.

Applicants who apply to this Request for Application (RFA) must design services to meet the complex and ever-changing needs of the elderly, especially older individuals with the greatest economic and/or social needs, with particular emphasis on the low-income minority elderly.

Nonprofit organizations with places of business within the physical boundaries of the District of Co-

lumbia are eligible to apply. For-profit organizations with places of business within the physical boundaries of the District of Columbia are also eligible to apply, but must not include profit in their grant application.

The RFA will be released on Friday, July 13, 2004 and the deadline for submission is Friday, August 24, 2004 at 5:00 p.m. A Pre-Application conference will be held on July 20, 2004, from 10 a.m. to noon at the D.C. Office on Aging Conference Room 940 South. Applications can be obtained from the D.C. Office on Aging, 441 4th Street, N.W., Suite 900 South, Washington, DC 20001. The RFA will also be available on the Office on Aging's website, www.dcoa.dc.gov, and on the Office of Partnerships and Grants Development's Web site, www.opgd.dc.gov no later than Friday, July 19, 2004.

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

July events

7th and 22nd • 1 to 3 p.m.

EOFULA Spanish Senior Center is holding drawing classes at its center, 1842 Calvert St., N.W. Find freedom in creative expression through drawing. For more information, call 202-483-5800.

15th • Call for time

The Barney Neighborhood House Senior Program will have its annual Summer Hoe Down at all of its nutrition centers, in Wards 1 and 4. There will be music, dancing and good food. All seniors 60 years and older are welcome. For further details, times and locations, call Donna or Emily at 202-939-9020.

23rd • 8 a.m. to 8 p.m.

Bored of sitting in the city? Join your friends from EOFULA Spanish Senior Center on the boardwalk in Rehoboth for the day. Details will be provided to you when you call 202-483-5800.

23rd • 10:30 a.m.

The Washington Senior Wellness Center, along with the WSWC U.S. Veterans & Book Club, is hosting a guest speaker: Col. Fred V. Cherry, Ret., a Vietnam veteran and a POW for over seven years. A book signing will also be held for *Two Souls Indivisible*, written by James S. Hirsch. The event will be held at 3001 Alabama Ave., S.E. To reserve your seat, call 202-581-9355.

31st • 11 a.m.

Columbia Senior Center will hold its "ultimate crab feast" at 1250 Taylor St., N.W. For more information, call Monica Carroll at 202-328-3270, ext. 11.

Upcoming Events: *A Trip To Minnesota!* September 24th to 30th

Visit Minnesota and the Mall of America with the Columbia Senior Center. The trip will be seven days and six nights. Cost: \$700 per person/double occupancy (\$200 additional single supplement). Package includes: six nights' accommodations, six breakfasts, five dinners, a tour of "Old Time Chicago," free time for shopping, a guided tour of the Minneapolis/St. Paul area, admission to the American Swedish Institute's Turnbald Mansion, gambling at the Mystic Lake Casino, boat ride on the Dells, admission to Stan Hywet Hall Mansion and Gardens, round-trip motor coach transportation and baggage handling taxes/meal gratuity. Columbia Senior Center must have 35 people attending this trip. For reservations, call Monica Carroll at 202-328-3270, ext. 11.

Ongoing:

Mondays at 9:50 a.m. & Wednesdays at 1 p.m.

Vanessa Williams-Harvin, fitness coordinator, will conduct low-impact aerobics and Pilates classes for seniors at the Washington Seniors

Wellness Center. The center is located at 3001 Alabama Ave., S.E. For more information, call 202-581-9355. A physician's statement is needed for participation.

Mondays & Wednesdays • 1 to 2 p.m.

Computer classes for seniors will be given by the EOFULA Spanish Senior Center. Keep up with technology and learn the basics of the computer. For details, call Alberto at 202-483-5800.

Tuesdays & Wednesdays • 8 a.m.

A new walking program will be held at the Washington Wellness Senior Center, 3001 Alabama Ave., S.E. Join and receive a free walking pedometer. For details, call 202-581-9355.

**Tune in to
"Senior Talk"
with Doris Thomas,
July 24, 5 p.m.,
WOL 1450 AM.
To call in, dial
1-800-450-7876.**

Getaway for Caregivers

The purpose of the **United Generations Caregivers' Vacation Camp** is to provide senior citizens who are raising children, or providing primary care for youth between the ages of 8 and 18, the opportunity to get away for a week of rest and relaxation at Camp Riverview located in Scotland, Md., without cost to the caregiver.

In recognition that many caregivers will have to bring their children with them, the camping experience is especially designed so that your children are in separate cabins with trusted camping staff. A week of fun-filled activities awaits them. The vacation camp dates are August 2-6, 2004.

There are many planned activities for caregivers including information to assist them with their caregiving responsibilities. There is one workshop planned for each day. Leisure activities are also included, something for everyone — fishing, line dancing, card games, movies and much more.

Registration is required and a medical certificate is also required. For more information, call 202-282-0748.

SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.

Advertising contained in the Senior Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

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The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.

Stay Cool During Summer Heat

OZONE ACTION DAYS			
DO YOUR SHARE FOR CLEANER AIR			
AIR QUALITY FORECAST AND ACTION GUIDE			
AIR QUALITY		WEATHER CONDITIONS	RECOMMENDED ACTIONS
CODE RED	UNHEALTHFUL	<ul style="list-style-type: none">- Hot (middle 90s to 100s), hazy, and humid- Stagnant air, little or no wind- Little chance of rain- Stationary high pressure system with sunny skies	<p>When air quality reaches unhealthy levels:</p> <ul style="list-style-type: none">- Children and elderly individuals should reduce outdoor activities.- Healthy individuals should limit strenuous outdoor work or exercise.- Individuals with heart or respiratory ailments, emphysema, asthma, or chronic bronchitis should limit their outdoor activities. If breathing becomes difficult, move indoors. <p>When air quality is forecast to reach unhealthy levels, residents are strongly urged to:</p> <ul style="list-style-type: none">- Limit driving and, when possible, combine errands.- Use area bus and rail lines, or share a ride to work.- Avoid mowing lawns with gasoline-powered mowers.- Refuel cars after dusk.- Listen for air quality updates.
CODE ORANGE	APPROACHING UNHEALTHFUL	<ul style="list-style-type: none">- Temperatures in the upper 80s to low 90s- Light winds- Slow moving high pressure system with sunny skies	<p>When air quality approaches unhealthy levels, residents are urged to:</p> <ul style="list-style-type: none">- Refuel cars after dusk to limit daytime pollution releases.- Avoid mowing lawns with gasoline-powered mowers.- Share a ride or drive only their newest, best-maintained vehicle.
CODE YELLOW	MODERATE	<ul style="list-style-type: none">- Mild summer temperatures (upper 70s to mid 80s)- Light to moderate winds (15 knots or less)- High pressure system with partly cloudy or sunny skies	<p>When air quality is in the moderate range, residents should:</p> <ul style="list-style-type: none">- Consolidate trips and errands.- Limit idling when possible.- Conserve electricity and set air conditioners to 78°F
CODE GREEN	GOOD	<ul style="list-style-type: none">- Cool summer temperatures (mid 70s to low 80s)- Windy conditions (15-20 knots or higher)- Heavy or steady rain- Passing cold fronts carries pollution out of area	<p>Throughout the ozone smog season (May through September), residents should make an extra effort to:</p> <ul style="list-style-type: none">- Carpool, use transit, bike, or walk when possible.- Keep cars and boats tuned.- Use environmentally safe paints and cleaning products.
AIR QUALITY HOTLINE • METROPOLITAN WASHINGTON COUNCIL OF GOVERNMENTS • (202) 962-3299			

Tips to Prevent Heat Exposure

- Drink plenty of fluids (*not hot*)
- Avoid hot, heavy meals
- Avoid strenuous outdoor activities
- If outdoors, stay in the shade, use an umbrella, wear a hat and loose-fitting clothing
- Avoid alcoholic beverages
- Spend the hottest part of the day (*i.e. 10:00 a.m. to 2:00 p.m.*) in an air conditioned area if you can

The following are warning signs of overexposure to heat:

- High body temperature
- Rapid breathing
- Dry, hot skin or heavy sweating
- Headache
- Weakness or fatigue
- Dizziness or periods of faintness
- Anxiety and listlessness
- Severe muscle pain in the arms and legs
- Unconsciousness

Should these symptoms occur, the following steps should be taken:

- Stay calm
- Call a doctor, ambulance or 911
- Lay victim on his/her back
- Loosen or remove as much clothing as possible
- Offer victim sips of water
- Fan the victim slowly

To avoid the summer heat and sun, participate in a senior program in your area. Make sure you leave before the sun reaches its hottest. Before 10 am is a great time to conduct business on days weather forecasters say the air quality is in the unhealthy range (*or Code Red*).

- Location of Public Cooling Centers Call 202-727-6161
- Seniors Needing Fans and Energy Cost Assistance Call 202-673-6750
- Hyperthermia Hotline for Homeless and Persons at Risk 202-399-7093
- For more information, call the Office on Aging at 202-724-5626.



Search for events across the city [from any computer you use].

Visit dc.gov/calendar

Wondering what's going on throughout the city? Visit the Citywide Calendar at dc.gov/calendar. You'll find more than 600 events organized by day, week and month. View events by ward, type or other category. Put the calendar to work for you—personalize it. Or submit your own event. The Citywide Calendar is just one of more than 100 online services on the award-winning dc.gov site.